COLON DISORDERS: The Modern Viewpoint.

Their Relation to Everyday Complaints and the most Scientific Method for their Management and Correction.

PRICE ONE SHILLING.

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IN his famous book, on the Prolongation of Life, Professor Metchnikoff showed how the colon, in harbouring harmful bacteria, added to the dangers of life, directly shortening it in some cases and promoting diseases in others which finally lead to premature death in the human. Since that time a good deal of study has been given to this subject, and it is safe to say that practically all authorities are agreed that disordered condition of the bowels, with its attendant development of harmful germ life and other toxic substances, lays the foundation for a large percentage of the slight and serious illnesses from which people suffer.

Although so many of these eminent people have given serious study to this subject it is surprising how little in the way of a practical solution has been forthcoming. Professor Metchnikoff went so far as to suggest that removal of the colon would be desirable, and some surgeons made the experiment, and maintained that, if the operation were of less magnitude, its results would in many cases be justified. Many have tried to invent antiseptic remedies to be taken to cleanse the colon, and we are all aware of the thousands of remedies in the forms of laxatives and purgatives, that are freely used in the management of colon disorders.

In spite of all these efforts constipation is a widespread complaint and very few people know how to combat it or how to ward off its bad effects. To the person who thinks this matter out the most obvious remedy that is required if not to cut out the colon, nor to irritate and exhaust it by drugs and remedies, but to restore its normal function, and we think that in the following pages a method is set forth which will prove a blessing and a boon to all those who will make use of it.

The Dangers of Self-Poisoning.

Self-poisoning, or auto-intoxication, is a condition arising from inactivity of the colon or large bowel, for which the term constipation is generally used. This condition is the basis upon which all kinds of diseases may be built; and of more recent years we find physicians and surgeons, of world wide repute, emphasizing this fact.

A Plain Statement by a Famous Surgeon.

Sir W. Arbuthnot Lane, speaking at a luncheon in New York, said:—"Most of the diseases that afflict us are preventable. The most common one, *the cause of a host of others*, is chronic intestinal stasis, in others words, constipation . . . . The world has got to be educated in the means of prevention. *It is responsible for ulcers and finally cancer. Civilization itself is menaced by it.* Of the whole population of Great Britain, at least 5,000,000 will die of cancer unless they are educated about health. The fact is exactly this. The lower end of the intestine is of the size that requires emptying every six hours, but by habit we retain its contents twenty-four hours. The results, I say, are ulcers and cancer. The products of intestinal toxaemia are absorbed and *we have filthy blood and there are a host of resulting ailments.* This poisoning causes enlargement of the pituitary gland, the thyroid gland and I think the adrenals. *The organs degenerate.*"

A Plain Statement by a Famous Physician.

"The most despised and neglected portion of the body, the colon, has in recent years been made the subject of much scientific research and study, with the result that it has been found to be the *most important organ of the body.* The average colon in civilized communities is in a desperately depraved and dangerous condition. Nearly all chronic ailments, especially of the heart, arteries and kidneys, are the result of the absorption of poisons from the intestines—*poisons which have been caused by constipation.* From constipation and auto-intoxication the consequences are colitis, so-called biliousness, gastritis, inflammation of the gall-ducts, gall-stones, skin diseases of various sorts, neurasthenia, and after some years, Bright's Disease, hardening

of the arteries, high blood pressure, apoplexy, paralysis, insomnia, mental depression, and even insanity."

J. H. Kellogg, M.D.

Both of these doctors are men who have spent long lives in the pursuit of their profession: **you should value their matured conclusions.**

You Are Being Poisoned !

This is a simple fact. The colon has been likened to a sewer, which drains the body of its poisons. Constipation means that the sewer has been interfered with, and the waste poisons of the body are dammed up in the intestinal tract leading to the development of toxins and germs. When these poisons are retained in this way they are taken up into the blood stream to all parts of the body to load up organs and tissues with poisons, and thus form the first link in the chain of disease.

Drugs and Irritants Make Matters Worse.

Everybody knows that drugs, pills and irritating substances found in the usual remedies make matters worse. They add to the irritation. They turn constipation into colitis. They exhaust and destroy.

Modern research proves that it is not irritation that is needed but restoration of function.

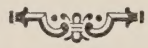
The Home Colonic Irrigator answers this need. Unlike the old douche or enema, which distended and weakened the bowel, it increases the activity of the bowel and restores its functions, thus overcoming constipation.

The principle upon which the **Home Colonic Irrigator** has been designed is very simple, and at the same time strictly scientific. The individual sits on the seat in the usual way, and the water flows gently into the rectum. The water is entirely under his control. In this way, a natural movement of the bowel can be secured at any time, with no inconvenience and no danger, and is therefore superior to any other method.

With the **Home Colonic Irrigator** in the home the dangers of constipation are banished. If the bowels are already sluggish they can be educated back to normal condition by its use; if anything temporarily upsets the bowels the difficulty can be easily overcome.

Why go on allowing your body to be poisoned and your health undermined. Constipation ruins your health, saps your vitality, decreases your energy and efficiency, and speeds up old age.

The **Home Colonic Irrigator** overcomes constipation and is indispensable to every home.



THE HOME COLONIC IRRIGATOR:
WHAT IT IS AND HOW IT WORKS.

First of all, it is an appliance that entirely supersedes the enema or gravity douche as a simple means of irrigating the colon, a method of treatment which is advocated by many great medical authorities in cases of constipation, diarrhea, colitis, and other colon complaints, and also as a valuable adjunct in the treatment of practically all diseased conditions where intestinal toxaemia plays a part.

It consists of a specially designed ebonite attachment to which the rubber tubing from the water container is fitted. This attachment is designed to fit over the lavatory stool so that the soft flexible tube at the end of it is ready for easy insertion into the rectum.

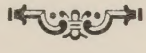
In order to make use of the Irrigator all the individual has to do is to fill up the container with water and then sit on the stool as in the ordinary way of emptying the bowels. Holding the attachment in the right hand by a simple movement the soft rubber tube is inserted into the rectum. The shape of the attachment makes this very easy. At the other end of the tube there is a tap fitted for the control of the water.

The individual is now comfortably seated on the stool. All that is now required to promote evacuation is to turn on the control tap and allow the water to enter the rectum. As soon

as this is done he will feel the water entering and when about a pint has passed he will experience a desire to move the bowels. Then he turns off the tap and moves the bowels. As soon as he has relieved himself he opens up the control tap again and irrigates again. The last quantity of water may be run into the bowel and then the attachment removed and the bowel emptied completely.

It is easier done than described. Instead of undressing, as in the old way, or of forcing the water into the bowel, the whole procedure is merely a matter of a few minutes preparation to get the water ready, and then the individual is given a method of cleansing the lower bowel without the slightest inconvenience and without the slightest danger.

And the results are the things that counts. Instead of weakening the colon by distension as is done by the old method of retaining the water, the bowel is gently stimulated back to normal activity and its sensitivity to the natural impulses completely restored.



HOW TO USE THE IRRIGATOR.

Hang the container firmly on the wall about five feet above the seat. Fill with plain warm water. First see that the stopcock is turned off. Well vaseline the rubber tip.

Sit comfortably on the seat and gently insert the soft rubber tip into the rectum. It should enter about two inches or so. Now turn on the tap and allow the water to enter the rectum.

After a few minutes, the water entering the bowel will produce a desire to move the bowels and this should be answered at once. **Turn off the stopcock, and, without removing the tip from the rectum, evacuate the bowels.** There is plenty of room for the passage of the faeces whilst the end of the tube is still in position.

After evacuation, turn on the stopcock and wait for the desire to move the bowels again. This can be done as many times as may be necessary as long as there is water in the container.

In ordinary cases, the first pint of water entering the bowel will produce the first desire to move the bowels. After that, the entrance of about each half pint should stimulate the bowels to move. The container holds enough water to induce from 4 to 6 movements of the bowels. In obstinate cases the container may be refilled and another series of irrigation given.

It will be seen that the Irrigator brings about a stimulation of the bowels in the most natural manner, and this stimulation reaches right through the whole digestive tract, so that it will be found that the bowels will move normally again soon after the irrigation has been done.

It is a good plan to do the irrigation, either before going to bed at night, or before breakfast in the morning. If used during the day it should preferably be done just before a meal.

It can be used quite safely with children if a parent is there to supervise the insertion of the tube, and, **unlike the old enema** which causes a certain amount of pain, because the child had to retain the water, the child relieves himself immediately, which is better for the child, and for the purpose for which it is used.

THE TRUTH ABOUT THE COLON.

Many people are under the mistaken impression that by filling the colon with water they will be able to cleanse it and to cure constipation, but what they should really bear in mind is that the colon is a live propulsive tube, and that when constipation exists it is due to a lack of normal function. To pass a long tube into the colon in an attempt to cleanse it, as is sometimes done, should never be attempted by the individual, and this method of cleansing the colon is not particularly helpful in restoring the normal function of the bowel. The same is true of the ordinary enema or douche. When three or four pints of water are injected into the bowel it causes a further distension of an already overloaded colon and tends to inhibit the natural urge of the bowels to move.

These methods may temporarily cleanse the colon, but what they fail to do is to overcome the inactivity of the bowel, and this is the main thing to be considered.

The Home Colonic Irrigator acts on an entirely different principle. Only a short tube is used, and the sitting position is adopted because that is the one assumed when the bowels move normally. The water passes into the lower bowel and stimulates the nerve reflex in the rectum—the proper place for natural stimulation—and so increases the natural activity of the bowel. As soon as a desire to move the bowels is felt it is at once obeyed, and thus a wave of impulses pass right along the whole colon from the rectum upwards and downwards. As a rule this takes place when the first pint of water is injected, and follows again with the injection of about every other half pint. The container holds enough so that several responses take place from one filling.

As the bowels may move with the short tube inserted there is no need to move from the sitting position.

The Irrigator, therefore, both cleanses the bowel and stimulates it into normal activity, because there is no inhibiting of the nerve impulses as with the ordinary douche or enema. It stands to reason that the colon can only be cleansed through its own activity and this is what the Home Colonic Irrigator stimulates.

Another important thing. The use of the douche or enema tends to cause inactivity of the bowel. The Home Colonic Irrigator tends to increase the activity of the bowel. Lastly, there is no harm in using the Irrigator at any time, and as often as required, because it is the nearest approach to the natural stimulation of the bowels.

THE ADVANTAGES AND USES OF THE HOME COLONIC IRRIGATOR.

ALL AUTHORITIES agree:

That the use of laxatives, purges and suchlike remedies—if long continued—weaken and destroy the normal function of the bowel.

That such remedies are so numerous because they are ineffective, or harmful, and that each one supersedes the other in order that a satisfactory method may be found.

That the bowel must be kept clean if normal health is to be maintained.

That any method that may be used must be first of all, effective without being harmful, and, secondly, must tend to restore the normal tone to the bowels.

THE LANCET says:

"Our own view is that complicated apparatus is to be deprecated, for it defeats its own purpose. If colonic lavage is to take the place of the purgative pill, *and there is much to be said in its favour*, the procedure must be made as simple as possible, so that it can be carried out by the patient in his own home without too much disturbance of the domestic routine."

NATURE CURE AUTHORITIES contend that:

A sluggish bowel is one of the prime causes of disease. Dr. Tilden in his writings, often speaks of it as a "cesspool." Schroth, the great Nature Cure pioneer, said:—"Without Cleansing No Healing," meaning that the body must be kept inwardly clean if normal health is to be preserved and disease overcome.

For many years investigators have tried to overcome the great bugbear that civilized man suffers from—constipation. All kinds of drugs have been tried, herbs have been used, various massage appliances have been invented, and perhaps the greatest help in this direction has been the ordinary enema. This appliance has been used for hundreds of years as a means of relieving this condition.

BUT THE ORDINARY ENEMA HAS SEVERAL SERIOUS DISADVANTAGES:

1. It distends the rectum and lower bowel because the water has to be retained.
2. It tends to cause reverse peristaltic action, because the distension induces the normal reflex which the patient is not able to immediately obey.

3. It tends to *form a habit* because the "call" cannot be obeyed.

4. It is difficult to use and creates a "fuss" in the home that is disturbing.

5. It takes too much time and may cause wastage of water, etc.

COLONIC IRRIGATION versus the ENEMA.

Many people have tried to overcome the deficiencies of the enema, and, largely as a result of this, the elaborate method known as "colonic irrigation" has been invented. This is, of course, a more scientific method of clearing the colon, but it has several drawbacks :

1. It must be *given* to the patient by a *skilled operator.*

2. It needs elaborate equipment, and a single treatment, or a course of treatments, which is often necessary, costs a fairly high fee. If low fees are charged the work may be unsatisfactory.

3. It is quite outside the patient's own power, and cannot therefore be used at his or her discretion.

THE ADVANTAGES OF THE HOME COLONIC IRRIGATOR.

1. It is inexpensive to purchuse.

2. It has all the advantages of expensive irrigation with none of the expense, and none of the disadvantages of the enema.

3. It is perfectly simple to use and *cannot in any shape or form do harm.*

4. It induces a natural action of the bowels by normal stimulation, and restores the lost "call" that is often the root of constipation.

5. It tones up the colon by a kind of gymnastic training and in no wise exhausts it as does drugs and suchlike.

6. It is so simple to use that a child could go through the whole operation without any trouble.

7. It places in the individual's hands a method of emptying the bowels, at anytime, with practically no inconvenience to himself.

8. *It is safe, scientific and sensible.*

Once this method is adopted the old enema or douche will never again be used. Remember *that it is wrong to have to control the bowels when the "call" comes.* Any apparatus that is used that overlooks this important consideration is physiologically unsound and should be superseded by the Home Colonic Irrigator which is based on sound physiological principles.

HOW TO CLEANSE AND TAKE CARE OF THE HOME COLONIC IRRIGATOR.

After use, pour through the Irrigator water from the hot water tap. Well wash the stiffened part of the tube and the end tip in soap and water.

It is a good plan occasionally to remove the stiffened part and pour over it some boiling water. Then drain and dry.

The Irrigator should last for a long time but all parts may be renewed as they become the worse for wear.

DISEASES IN WHICH THE HOME IRRIGATOR MAY BE USED.

Except diseases where the patient cannot be moved, the appliance may be safely and beneficially used.

The following list and suggestions are given to assist the patient in its use.

Diseases of the Alimentary Tract.

Acute and Chronic Tonsillitis.
Affections of the Mucous Membranes of the Mouth.
Indigestion.
Gastritis, Acute and Chronic.

Nervous Dyspepsia.
Gastric Ulcer.
Inflammation of the Intestines.
Colitis.
Diarrhea.
Constipation.
Etc.

In all of the above conditions the Home Colonic Irrigator should be used every day until the faeces are of normal odour and consistency, and the bowels regular. The diet should be most carefully regulated.

Diseases of the Liver and Gall Bladder.

Jaundice.
Congestion of the Liver.
Organic Disturbances of the Liver.
Inflammation of the Gall Bladder.
Gall Stones.
Etc.

Authorities have demonstrated that a normally functioning colon is one of the best preventatives of Liver disorders, and stimulating the colon will often yield remarkable results when other methods have failed. The Home Irrigator will prove exceptionally valuable in these cases, and where there is gall-bladder colic the use of the appliance will give great relief. Use water that is a little hotter than lukewarm.

Diseases of the Blood and Glands.

Anaemia.
Pernicious Anaemia.
Impoverished Blood, Etc.
Exophthalmic Goitre.
Addison's Disease.
Etc.

The condition of the blood and glands, like the spleen and the thyroid glands, depend to a great extent upon the condition of the bowels and constipation and auto-intoxication are often forerunners of these complaints. For their prevention and treatment the Home Colonic Irrigator in clearing up bowel troubles will do more than any medicine yet discovered.

Diseases due to External Agents.

Food Poisoning.
Alcoholism.
Etc.

No matter how careful one may be, in hot weather especially, some article of food may be taken that may upset and cause Ptomaine poisoning. Or, occasionally other articles may give rise to such an emergency. The thorough washing out of the colon, as is casily done by the use of the Home Irrigator will be of great benefit. Of course other treatment may be required in such cases and expert guidance should be sought.

Diseases of the Respiratory System.

Laryngitis, Acute and Chronic.
Bronchitis, Acute and Chronic.
Asthma.
Congestion of the Lungs.
Pleurisy.
Cold, Coughs, Hay Fever.
Whooping Cough.
Catarrahal Conditions.
Etc.

Only those who have made use of efficient measures to relieve the colon can know how quickly effective this method can be in helping to prevent and overcome the above respiratory troubles. In all these troubles the Home Colonic Irrigator should be promptly used and it will often prevent the development of the more serious diseases. Use the Irrigator until the condition shows definite signs of improvement.

Diseases of the Kidneys.

Inflammation of the Kidneys.
Bright's Disease.
Renal Stone.
Albuminuria.
Etc.

There are many conditions in which the kidneys may be involved in disease, but a great many authorities are of the opinion that these are largely the result of years of bowel sluggishness. In all these cases without any exception, as soon as there is any sign of trouble the Home Colonic Irrigator should be employed to get rid of the poisons from the bowel, and thus relieve the load on the kidneys. This is far safer than using medicines which invariably irritate the kidneys.

Disease affecting Muscles and Joints and Fibrous Tissues.

Rheumatism.
Fibrositis.
Rheumatoid Arthritis.
Synovitis.
Etc.

Many of these complaints owe their origin to infections from the bowels, and the use of local treatment, with due regard to this fact is a waste of time. The Home Colonic Irrigator should be used thoroughly in all these cases and will invariably be of real benefit.

Nervous Disorders.

Neurasthenia.
Neuritis.
Neuralgia.
Migraine.
Chorea, or St. Vitus Dance.

The above are functional disorders of the nervous system, whilst there are many other actual organic disturbances where changes have taken place in the nerve tissues. Of these we may mention such as disseminated sclerosis, paralysis, etc. In both cases there is little doubt that a toxic condition of the system is an underlying cause of the trouble. The use of tonics made of drugs, etc., often does a lot of harm, because it is the elimination of the toxins that is required. The Home Colonic Irrigator, in increasing the efficiency of the bowel and digestive tract, is invaluable in these cases, and should be freely used until the conditions have improved.

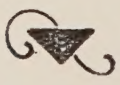
Other Conditions in which the Use of the Irrigator is Indicated.

Worms.

To increase the activity of the bowels is the first requisite for the cure of this trouble, and the Irrigator will do this easily and well.

Temperature.

Whenever the body shows sign of an increased temperature the bowels should be relieved, not by the use of poisonous drugs, but by the use of this simple and safe appliance.



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